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Ex-jail guard wants \$4.2M

COUNTERCLAIM
John Barbro says he is the victim of a 'cover up'



A former jail guard held responsible for the savage beating of an inmate five years ago said he is the victim of a "cover up" and botched investigation. John Barbro filed a \$4.2-million counterclaim last week against the province that alleges investigators wrongly blamed him in order to expedite their case. Barbro said in court documents that it was former jail guard Tyler Roy who beat inmate Jean-Paul Rhéaume. He alleges that Roy and another co-worker, Melissa Schell, "conspired" to pin the incident on him. None of the allegations has been proven in court.

The details were filed in response to a civil lawsuit filed by Rhéaume and his mother. Rhéaume's lawyer, Lawrence Greenspon, said Barbro's statements are consistent with the results of the criminal trial in 2014. Lawyer Ben Piper is representing Roy and Schell. Both testified against Barbro during the criminal trial. "They firmly deny Mr. Barbro's allegations against them, which are not supported by the investigations that have been conducted in this matter to date," said Piper in an email.

+ INVESTIGATION
After the internal investigation, Barbro lost his job and faced criminal charges. His two-week trial involved conflicting testimony from fellow guards and revealed secret meetings and fake incident reports. Barbro was eventually acquitted.

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Bethlehem (Betty) Dawit and Jacquelyne (Jackie) Andre show off one of their favourite spots in Lowertown, the youth centre, Club 210. The two girls worked on a music video. PHOTO CREDIT IN SMALL CAPS

MANOTICK

Park to honour veterans

Manotick will soon have a new place to commemorate the veterans of Canada.

Remembrance Park, a project spearheaded by Branch 314 of the Royal Canadian Legion for South Carleton (Manotick), is meant to be “a place for all citizens to enjoy and remember with gratitude the contributions made by those who have served their country in wars and peacekeeping missions.” It is slated to open July 2017, in time for Canada’s 150th birthday celebrations.

Ted Ross, chairman of the Remembrance Park organizing committee, said the park has been in the works two years and is beginning to move forward with City of Ottawa approval.

In 2005, Ross and a group of other residents lobbied for the city to purchase Watson’s Mill, Dickinson Square and two properties in the surrounding area — including the land between the Manotick Cenotaph and Bridge Street. Now, that land will be transformed into park space honouring Canada’s veterans.

“The legion has always wanted to put something there to commemorate veterans,” Ross said.

The concept plan for the park has now been completed and the legion is working on obtaining funding.

The completed park will be a green space featuring an interlocking pathway connecting to Veteran’s Way and winding around the Cenotaph. The park will be accessible for people with mobility restrictions and will have a raised garden.

Five additional gardens will fill the property, each with a plaque highlighting the branches of the Canadian Armed Forces.

Ross said the committee hopes someday to install a bronze statue of a legionnaire in uniform who appears to be walking with his granddaughter. This, he said, would embody the purpose of the park: to create a legacy of Canada’s veterans for future generations.

If the committee is successful in its grant applications, Ross said he hopes to see work to begin on the park before the snow flies next season.

KELLY KENT / METROLAND MEDIA

Youth rap about positives

COMMUNITY CULTURE

Celebrate Lowertown pride in song and video

A group of young Lowertown residents want the rest of Ottawa to be envious — of their neighbourhood.

Ranging in ages from 13 to 21 years old, the youth have created a song that addresses the stigma of living in the downtown neighbourhood and also what makes this area a great place to grow up — despite the violence that can occur outside their homes.

“I want people to learn more about where we come from, and not about what happened in the past, and what we believe the future holds for us,” said 15 year-old Stephie Mbokoli, who is one of four

boys who rap in the song.

Shots of the neighbourhood in a music video mixed with the vocals creates a powerful image.

The video opens with one of the boys holding their fingers in the form of an “L” and a “T,” which stands for Lowertown.

“I am very proud because I get to show what this neighborhood means to me and how it affects me as a person and my community,” Mbokoli said.

Mbokoli and eight peers created the song as part of the MASC Awesome Arts en folie program in Lowertown, at the York Street Public School.

The program connects youth with professional artists, and offers the youth a chance to explore issues and express themselves through art.

The organization has been working in the community for the past six years, partnered with the Lowertown Commu-

nity Resource Centre.

Program director Micheline Shoebridge said she is proud of the group and of the music video they created.

“While some of the topics are heavy, they can talk about them in a creative format,” Shoebridge said.

The lyrics include:

- “I don’t want to be another dude on the news, not just another stereotype, not just another homicide”
- “pow pow all we hear is the gun sounds, like man put the guns down, I’m so sick of my hood being on the news”
- and “The nights might be scary, but I’m safe in the light.”

“All four boys all talk about Lowertown,” Shoebridge said. “Every single one touched on violence in the neighbourhood, but their goal is to rise above and not become a statistic.”

Shoebridge went on to add that all of the kids have pride

in their community.

“Yeah, they see the dark side, but I guess they want people to know it beyond a headline,” Shoebridge said.

The video premiered at the Awesome Arts festival on March 24 at York Street Public School.

Aside from the four rappers, young 13 year-old Jacquelyne (Jackie) Andre adds some harmonies.

“I love singing,” Andre said. “I love when you can make your own version of music, and when you sing it and it sounds good.”

Andre’s harmonies were a last minute decision, Shoebridge said, and originally another girl was supposed to sing, but couldn’t, so Andre stepped in.



I am very proud because I get to show what this neighborhood means to me. Stephie Mbokoli, 15

“I think we did a lot of work, especially the boys,” Andre said. “It was really challenging, but I am really proud of how it turned out.”

Aside from the creative force in front of the camera, four other youth worked behind the camera to bring the whole concept together.

“I was nervous at first that I would get it wrong, but it was easy,” said Bethlehem (Betty) Dawit.

Dawit said she eased into a role as director.

Both girls echoed what Mbokoli has to say about their home.

“Don’t fear Lowertown, it’s not scary,” Andre said.

“Come and experience it for yourself.”

MICHELLE NASH / METROLAND MEDIA

LEADERSHIP PROGRAM

Bringing girl power to schools

Working with local MPP Lisa MacLeod, Kars on the Rideau Public School is taking steps to empower its young women to strive for leadership roles.

Girls in Government and Leadership, spearheaded by MacLeod, is a pilot program meant to inspire a sense of confidence in school-aged girls and encourage them to consider leadership positions as they envision their future careers. Kars on the Rideau Public School and Manordale Public School in Nepean are the first two schools to launch the new program.

"As politicians we have an obligation to empower more women to get into leadership roles," said MacLeod in a recent interview with the Manotick News.

"This (program) will be a day effectively empowering those young women."

Kars on the Rideau Public School will host the program on Friday, welcoming MacLeod and four other guest speakers for a day of workshops.

Guest speakers attending the April 1 program include: Carol Anne Meehan, a local media personality with 25 years of experience; Jan Harder, an Ottawa city councillor; Yolana Junco-Pascual, assistant director of the finance and business developments for Carleton University's department of recreation and athletics; and Angela Lariviere, manager of creative services for Halogen Software.

"This is an opportunity to bring amazing guests speakers into the school," said Rick Haggart, principal at Kars on the Rideau.

"This will be a fantastic educational day. We want (the girls) to know that they can strive for excellence."

KELLY KENT/METROLAND MEDIA

Number of cases deemed 'unfounded' stuns groups

SEXUAL ASSAULTS

Police classify more than 2,500 cases as without merit



Joe Lofaro
Metro|Ottawa

The number of "unfounded" sexual assault cases at Ottawa police has set off a storm of debate on social media and among victims' groups who say they are stunned to learn it reached more than 2,500 in the last 15 years.

As Metro first reported Monday, the Ottawa Police Service deemed 2,538 reported sexual assaults to be "unfounded" between 2000 and 2015, according to data obtained under the Municipal Freedom of Information and Protection of Privacy Act.

"I think that is a surprising number and really makes me feel concerned for survivors who have come forward who, in essence, may have been told they weren't believed," Erin Leigh, head of the Ottawa Coalition to End Violence Against Women, said Monday.

Police say in the past three years they have changed the way they classify such cases

internally. Beginning in 2013, they now refer to sexual assault complaints where an investigator believes a crime occurred, but there is not enough evidence to lay a charge, as "founded, not solved."

"Unfounded" refers to cases where police determine a crime did not occur.

So while "unfounded" cases were almost cut in half in 2013, the number of cases that fell into the founded, not solved category made up the differ-

ence in the number of sexual assaults overall that did not proceed to the charge stage.

That, advocates who work in the field of violence against women say, is concerning.

One University of Ottawa study found that of the 1,798 sexual assaults involving female adult complainants recorded by Ottawa police from 2009 to 2013, only 19 per cent resulted in charges.

"Imagine the courage it takes to tell your story. To share

your experience to have you experience violence. There's so much stigma attached to it," said Leigh.

Stefanie Lomatski, co-ordinator at the Sexual Assault Support Network, agreed the charging rate is also a concern.

She said a case review model, such as The Philadelphia Model, would allow better insight into how police treat sexual assaults.

"It's beneficial because it's a collaborative model, if the police and experts are at the same table working together," she said.

"It provides so many learning moments and it ultimately allows for better service."



I think that is a surprising number and really makes me feel concerned for survivors.

Erin Leigh



SYRIAN REFUGEES NEWCOMERS GIVEN SCHOOL SUPPLIES

Manel Zeghat, a 21-year-old bio medicine student in her third year, and Deena Mohammed, a 22-year-old business student in her last year, helped organize the University of Ottawa Muslim Student Association schoolbags-for-refugees volunteer event. Students came and helped pack backpacks full of school supplies for Syrian children who are new to Canada. The bags were separated into groups so that the children would have supplies appropriate for their age groups.

ASHLEY MOFFATT/FOR METRO



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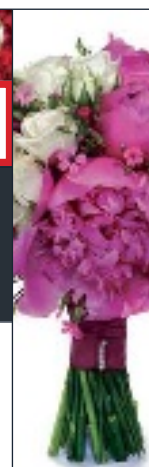


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5 THINGS TO LOOK FOR DURING MUSEUMWEEK

CULTURE

Campaign kicks off with local secrets and surprises



Haley Ritchie
Metro | Ottawa

Museums have gone digital this week with MuseumWeek, an international campaign on Twitter where galleries and museums

from around the world share images, facts and stories from their institutions. Ottawa has the most national museums in the country, so keep an eye out on social media this week to learn a little more about their collections.

"The museum community

are quite connected and work together throughout the year, but it is fun to come together and share themed content for a week," said Lorraine Gouin, who runs social media for the Canadian Science and Technology Museums Corporation.

"It also gives us the opportunity to highlight our favourites and show them off to a wider audience that we might not have previously had," she said.

If you're on Twitter this week, here's five things to look out for and the museum users to follow.



1 Pssst... want to hear a secret?

On Monday the hashtag campaign took off with #secretsMW where local museums revealed their "secrets" and fun facts online. For example, did you know the War Museum (@CanWarMuseum) conservators create their own special Q-tips to clean artifacts? Or have you ever been to the Zen Garden in the Canadian Museum of History (@CanMusHistory)?



2 Science renaissance

You can't visit the Science and Tech Museum (@scitechmuseum) right now but their online presence gives you an idea of what's going on behind the scenes. On Thursday to correspond with the theme of #heritageMW Twitter users will get a chance to vote for artifacts that they want to see in the renewed museum in 2017.



3 Discovery lives here

The Nature Museum's John Swettenham said Wednesday's #architectureMW is a nice opportunity to showcase the history behind the Museum of Nature's (@MuseumofNature) castle home. The capital's museums and galleries are some of the most distinct buildings in the city — including the Canadian Museum of History, Nature Museum, War Museum and National Gallery.

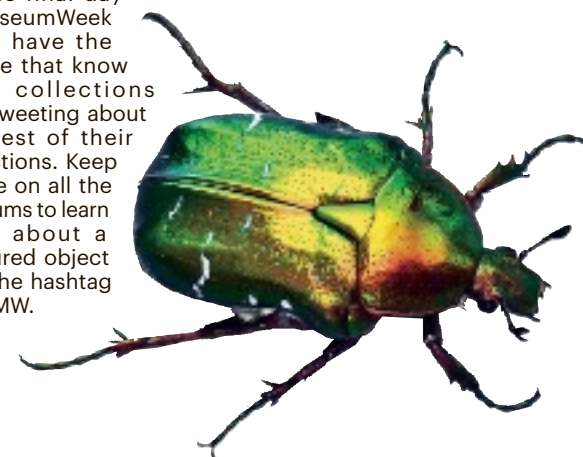


4 Eyes on the skies

Keep your eye on the Aviation and Space Museum (@avspacemuseum and @museeavespace) for an under-the-radar acquisition announcement. The museum is anticipating a new aircraft will join their collection on April 5 and is dropping hints all week in the form of text messages between the new mystery aircraft and the starfighter, an aircraft already in the collection.

5 Take it from the experts

On the final day of MuseumWeek you'll have the people that know local collections best tweeting about the best of their collections. Keep an eye on all the museums to learn more about a treasured object with the hashtag #loveMW.



SORE FEET?



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STOP OLG PRIVATIZATION AND END THE LOCKOUT AT THE RIDEAU CARLETON RACEWAY SLOTS

Premier Kathleen Wynne is privatizing the provincially-owned Ontario Lottery and Gaming Corporation, which generates annual profits of \$2 billion. So now, profits from gaming in Ontario will go to wealthy corporations rather than to Ontario's underfunded hospitals, schools and infrastructure. As part of this plan, Premier Wynne is attacking the pensions and wages of OLG workers in order to make operations more attractive to private buyers. Indeed, she has locked out workers at the Rideau Carleton Slots here in Ottawa for over three months for trying to defend their wages and pensions. OLG privatization is a lose-lose proposition for Ontario taxpayers and workers, and it's high time Wynne's Liberals put an end to it.

It's time for OLG to
#PLAYFAIR
and treat its workers with respect!



psacrideaucarleton.com



Danielle Beaulieu and Maureen Rooney Mitchell's artist collective Artress3 and young visitors at this weekend's Art Space 613 show. The show was held in a storage space, which suits Art Space 613's mandate of holding non-traditional shows in non-traditional spaces. COURTESY ARTSPACE 613

Unique art shows diversify galleries

CULTURE

Organizer uses unusual locales to pique public interest

Ashley Moffatt
For Metro | Ottawa

Walking into an old storage space, you might expect to find dusty old furniture and long-forgotten junk. But Art Space 613 is looking to use unexpected spaces like these for unique art shows.

Myka Burke, the organizer of the show, said the unique space has a lot of advantages over your normal art gallery.

"Having to take the time to go downtown, park the car, go into an art gallery. That's a lot of effort," said Burke. "It's a big giant outing. This way people can just come for 10 minutes if they want. They're able to chat with the artists. It's so much

more effortless than going to a gallery."

Burke, who is in radio, said that her line of work inspired the idea for Art Space 613. She said that she got to meet and speak to many unique artists, and she wanted to be able to bring that experience to everyone.

"There was frustration that this wasn't more accessible for everybody," said Burke. "I'm meeting these people and I'm finding that it isn't easy to get into a gallery or get into an exhibition for these artists. At some point I just had to step in and do something."

The shows are open to any kind of art form, which is something that was important to Burke.

"I don't have any limits," she said. "It's really important, because sometimes you go into

galleries and it's all photography or all canvases. But in this case there is so much different media. But that's part of the charm."

Burke has ideas for many other shows in unique spaces. She wants to do a show on a rooftop, with an artist floating, to bring attention to Ottawa's waterways.

"The idea of doing art there, that's so key to me," said Burke. "It's just sort of really unique ways to see Ottawa."

Having all of the artists at the shows is also something that Burke thought would be beneficial to both artists and those who are interested in art.

"I think people have so much trouble realizing the amount of effort that goes into making art that if they're able to interact with artists, that's beneficial," said Burke.



The idea of doing art there, that's so key to me. It's just sort of really unique ways to see Ottawa.

Myka Burke

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Urban vs. suburban divide

COUNCIL

Stittsville subdivision gives rise to height debate



Lucy Scholey
Metro | Ottawa

A 24-hectare plot of land in Stittsville will officially be home to a controversial 400-unit subdivision. But the development discussion has given rise to another debate: building heights in suburban-versus-urban wards.

At the last council meeting, councillors voted in favour of the Potter's Key development on the condition that only single-family homes can back on to existing single-family homes.

Previously, developer Min-to wanted a block of the 138 townhouses to abut single-family homes. Several neighbours opposed this idea, arguing that townhouses won't look nice in their backyards. While the amendment to the plan was seen as a compromise by

some neighbours, three urban councillors said it could set a bad precedent for other areas of the city.

Without naming names, Kitchissippi Coun. Jeff Leiper said council often deals with highrise towers in lowrise residential areas.

"I couldn't support this change at council given that so little regard is often given to compatibility issues in the core when we're dealing with 15-, 20- and even 30-storey towers next to or very close to our lowrise residential areas," he later wrote in his weekly newsletter.

Capital Coun. David Chernushenko agreed with Leiper and Somerset Coun. Catherine McKenney, who also voted against the plan. But Chernushenko flipped his reasoning and voted in favour of the motion, in the hopes that residents in his ward would be offered the "same protection" against non-compatible development proposals.

The thing is, the city "supports intensification throughout the urban area," according to the official plan. Councillors Jan Harder and Stephen Blais



Kitchissippi Coun. Jeff Leiper voted against the Potter's Key subdivision amendment. CONTRIBUTED

touched on this point.

"There is a difference between Centretown and the suburbs," said Blais.

Michael Powell, president of the Dalhousie Community Association, drew parallels between the Stittsville proposal

and Tamarack's nine-storey condo development proposed for Norman Street in Little Italy. His association recently lost an appeal battle with the Ontario Municipal Board over this plan, which is slated for a neighbourhood of four-storey

homes.

"It's too easy to have urban versus suburban battles," he said. "Ultimately, we all live in the same city and I think we should all be working to make sure that it's a liveable place anywhere."

BUSINESS

Ceridian plans memorial

Ceridian says memorials for its late president, Dave MacKay, will be held in Ottawa this week and in Toronto next week.

The multinational company has scheduled a memorial service in Toronto on April 5.

Mackay's legacy includes a leading role in the creation of Ceridian Canada in 1998. He became Ceridian Canada's president in 2007 and its global president in 2013, based in Ottawa.

Ceridian provides a variety of products and services to business, such as payroll and workforce management tools.

Mackay's age and cause of death were not disclosed.

He is survived by his children Kirsten and Reilly and their mother Sheila.

Visitations for family and friends are to be held Tuesday in Ottawa at Hulse, Playfair & McGarry, at the 150 Woodroffe Ave. location. A service will be held Wednesday at First Unitarian Sanctuary, 30 Cleary Ave. in Ottawa.

THE CANADIAN PRESS

BUSINESS

Search engine gets an angel



Tom Pechloff
Ottawa Business Journal

An Ottawa-based search engine for the 3D printing industry has turned to a European angel investor for almost \$1 million in funding.

3Dprintler.com's Tomek Sysak said there are "some limits" on what they can say about the investment announced this week.

"It's high six figures and not all of it at once," Sysak said.

Initially, he said, 3Dprintler.com has access to 25 per cent of the funding that will be used to integrate more service providers to its platform, allowing it to offer the best quotes possible for its clients.

"Moving forward, we have some benchmarks we have to reach and then we get more," Sysak said.

Part of moving forward is to get more American and European providers integrated as well, he said. After that, the plan is to grow the customer base, allowing it to bring on more service providers and continue the cycle.

Sysak said 3Dprintler.com turned to a European angel because it just didn't have "the best luck" attracting Canadian investors.

"Canada isn't the best place for investment in general, especially in Ottawa. It can be tough to get people interested," he said. "Maybe it's because we don't have the density of population."

Sysak said the Canadian government has been a source of frustration in the past as well, but is cautiously optimistic that may change with the Liberals' commitment to innovation.


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City advised to hold tight on loo-locator

TECHNOLOGY

Staff say many apps on offer as accessibility data criticized



Lucy Scholey
Metro | Ottawa

If you gotta go, the City of Ottawa is suddenly flush with new apps to point you in the right direction.

So flush, in fact, that it looks like the city won't bother developing its own public-washroom locator app after all.

Three third-party app developers have gone ahead and used the city's open data to make their own applications. And there may be more in the works.

City-hall watchdog Kevin O'Donnell created the aptly named "ottpee" website, which shows the addresses and hours of public bathroom facilities — right down to whether the

washroom in question is for seasonal use only.

Then there's Bathroom Scout, which includes 600,000 restroom locations worldwide, and Toilet Finder, which gives the addresses to 150,000 locations, including private company loos. Both are Android- and Apple-friendly.

According to a city staff report, these three apps are easy to use, pretty and include information on accessible washrooms, hours of operation and baby-changing stations.

So staff say the city need not worry about spending taxpayer dollars to build something new, especially now that other app developers have said they are interested in the data (the restroom open data has been accessed 77 times since March 14).

Joan Kuyek, chair of the GottaGo! Campaign, which advocates for more accessible public washrooms, calls the city data "questionable." For one thing, washrooms are rated on an accessibility scale from one to three.

"What does that mean?"

+ NEXT STEP

The city's information technology sub-committee will consider the staff report on the public washroom app on Thursday.

she said. "If I'm in a motorized wheelchair, does that mean that the door will be too small? Or I'll need somebody to open the door for me? Does it mean there are no grab bars when I get in there? Those things are really serious. They need more than a one-to-three rating."

A group of Carleton University masters of social work students have been tasked with reviewing the city's open data and comparing it to the bathrooms.

The group has reviewed 100 public washrooms and will present a report of their findings to Kuyek and the GottaGo team in April. Kuyek is hoping the city can glean something useful from the information.

Three app developers have created new applications to help locate public washrooms in Ottawa. METRO FILE

THERE'S NO PLACE
LIKE HOME?

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Creek

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CITY HALL

Ford Nation says goodbye to ex-mayor

They have lined up before — for a “Ford Nation” T-shirt or a bobblehead, for a quick cell-phone picture, or to shake the hand of Toronto’s most infamous mayor.

On Monday, Rob Ford’s most dedicated supporters, nearly 300 by lunchtime alone, lined up at city hall to say goodbye — a few words, a blown kiss, a hand on the casket draped in Toronto’s official flag.

A man who endeared himself to those who cared little for politics or politicians, Ford is being remembered by his boosters for the personal problems he fixed and the calls he returned.

“He was definitely a people person in every way ... I think he was in politics to help the people, the little man that needs help,” said Hyacinthe Huron, 65.

Huron, wearing the T-shirt she kept from the Ford family’s annual “Ford Fest” barbecue, was one of the early mourners

to stand outside in line behind metal barricades.

“I loved Rob Ford. I think he was a good man and we’ve lost a very good leader,” she said. “He could have become prime minister of Canada, but cancer said no.”

As the rain came down in the square named for another mayor, Nathan Phillips, on Monday morning a black hearse pulled up to the front doors of city hall, followed by limousines carrying Ford’s extended family.

Ford’s youngest child, Dougie, in a black suit and tie and sneakers, and daughter Stephanie watched with their mother, Ford’s wife Renata, from under an umbrella as members of the Toronto police chief’s ceremonial unit lifted the casket and carried it inside under “Rob Ford Councillor” signs that were quietly returned to the Ward 2 (Etobicoke North) office windows last week.

TORSTAR NEWS SERVICE



Mourners kneel by the casket of Rob Ford as it lies in repose in Toronto’s city hall on March 28, 2016. TORSTAR NEWS SERVICE

CHASE MARTENS

Manitoba boy who disappeared drowned, autopsy shows

RCMP say an autopsy has confirmed that a Manitoba boy whose body was found in a creek Saturday drowned. Chase Martens walked away from his family home near Austin last Tuesday, prompting

an extensive search. The two-year-old’s parents and other family members took part in a vigil Sunday evening.

THE CANADIAN PRESS



Chase Martens THE CANADIAN PRESS

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1 Toothache patient Saly Samadi waits to be treated during a visit to a clinic run out of the Toronto Plaza hotel, where 500 government-assisted Syrian refugees are staying.

2 Nurse practitioner Ghazala Hussain and Dr. Alexa Caturay check Saly.

3 Yassin Shehadat holds his daughter Miral al-Shehadat. The infant was diagnosed with a fever. ALL PHOTOS: TORSTAR NEWS SERVICE

Refugees healthy, but challenges remain

RESETTLEMENT

Study notes it will take time for conditions to present

The vast majority of the 26,000 Syrian refugees who arrived in Canada by the end of last month showed up healthy, newly published government data suggests.

But while the study by Public Health Agency of Canada staff said the newcomers posed no risk to public health, it noted it will take time for chronic medical and mental-health conditions to present.

The Immigration Department has published data on some of the newly arrived Syrians, but the public health study

is the first comprehensive look at the entire group.

All applicants had medical exams as part of the program, though how many were rejected for medical reasons is unknown. The review found of those accepted, two had potential cases of non-infectious tuberculosis.

None tested positive for syphilis or HIV.

Ten were sent to hospital upon arrival for possible communicable diseases, though none ended up a concern to public health. Another 54 were hospitalized upon arrival for other urgent reasons.

“Large-scale refugee movements place pressure on health-care systems, both in their immediate response and as part of long-term resettlement efforts,” the study, published this month in the Canadian Communicable Disease Report, concluded.

The study observed refugees tend to under-report chronic health conditions for fear of being rejected and estimated about five per cent of the arriving Syrians have some kind ongoing health-care need.

Mental-health issues will also take time to surface, the report said.

It also found a number of children arrived with illnesses including cancers, seizures and developmental disorders. Malnutrition and children with intellectual disabilities were also observed.

The incidence of those appears to be higher than in the general Canadian population, said Dr. Anna Banerji, the pediatrician who screened Syrian children as they landed in Toronto.

In her day-to-day work with refugees, Banerji usually has

+ DENTAL CARE

The report noted the most immediate need upon arrival was catching up on immunizations and dental care. In Toronto, more than 500 dental emergencies were addressed. Patients of all ages had severe diseases in their mouth and weren’t able to sleep or eat because of the pain. The focus now is to connect everyone to ongoing dental care.

time for a detailed physical exam, blood work, vaccinations and parasite checks.

With the Syrians, she was just putting out fires because of the volume of arrivals.

THE CANADIAN PRESS

MEDICAL

Things to know about refugees’ health care

The latest Canadian Communicable Disease Report examined the health of the 26,166 Syrian refugees who arrived between Nov. 4, 2015 and Feb. 29, 2016. Here are five things to know:

1 All Syrians were screened before they were accepted to come to Canada. While all would-be immigrants, including refugees, must have a medical exam, the Syrians were examined on the

same day as their interviews and security checks were done, in order to speed up the process.

2 None of those accepted arrived with illnesses considered a serious danger to public health. About a third of the children who arrived in Toronto had common viral illnesses. There was also a flu outbreak among 450 Syrians who arrived in Edmonton in late January.

3 There were some surprises.

While the UN had told Canada that the Syrians could have high medical needs, those needs weren’t specified. It has since emerged that some children arrived with conditions ranging from seizures to cancers. Some were malnourished and others had intellectual disabilities.

4 There are still big question marks around long-term needs. The study notes that many refugees don’t report chronic condi-

tions for fear they won’t be accepted. It estimates five per cent may have chronic conditions that will reveal themselves over time.

5 Health-care costs were covered immediately upon arrival. Syrians were Canadian permanent residents when they landed, so coverage under the Interim Federal Health Program didn’t apply to those who came as government-assisted refugees.

THE CANADIAN PRESS

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metr NEWS World

Tuesday, March 29, 2016 11



A police officer stands guard at the U.S. Capitol complex in Washington, D.C. on Tuesday after reports of gunfire. AFP/GETTY IMAGES

U.S. Capitol on alert after shots fired

SHOOTING

Authorities say this was a 'criminal act'

Capitol Police shot a man on Monday after he pulled a weapon at a U.S. Capitol checkpoint. The suspect was taken to a local hospital and a female bystander sustained non-life-threatening injuries.

The U.S. Capitol was on lockdown for about an hour and the White House also was briefly locked down. The suspect was known to officers, Capitol Chief of Police Matthew R. Verderosa told reporters. However, he would not confirm reports that it was the same man who disrupted the House chamber last fall by shouting.

That man, Larry Dawson, was issued a "stay away order" by D.C. Superior Court in October, ordering him to keep away from

the Capitol grounds, court documents show.

"We do believe this is an act of a single person who has frequented the Capitol grounds before and there is no reason to believe that this is anything more than a criminal act," Verderosa said. Initial reports said a police officer was injured but they proved erroneous.

Capitol office buildings and the Capitol itself were re-opened for business about an hour after the initial reports of gunfire. The Visitors Center where the shooting occurred remained closed.

Police, some carrying long guns, cordoned off the streets immediately around the building, which were thick with tourists.

Cathryn Leff of Temecula, California, in town to lobby with the California Association of Marriage and Family Therapists, said she was going through security at the main entrance to the Capitol Visitors Center when police told people to leave immediately.



I felt like I was in a movie. It didn't feel real at all.

Cathryn Leff

Outside, on the plaza just to the east of the Capitol, other officers told those there to "get down behind this wall," she said. "I heard what sounded like two shots off to my left." After a while, police told her and others to keep running.

Amanda Smith of Columbus, Ohio, said she and her family were touring the Capitol and were in the Senate visitors' gallery when she heard police officers' radios start talking about shots being fired.

"Sure, we were worried," she said. "But there were lots of kids around so we didn't make too big a deal of it."

THE ASSOCIATED PRESS

TENSIONS HIGH

Death toll up in Brussels attacks

As the number of victims in the Brussels suicide attacks rose to 35, Belgian police released a video of a mysterious man in a dark hat seen in the company of the bombers who attacked Brussels Airport, indicating that he is still at large.

"Police are seeking to identify this man," the Belgian Federal Police's website said Monday.

The video's release came as a Belgian magistrate also ruled that a man identified as Faycal C., who was arrested during the police raids that followed the March 22 attacks, could be released.

Faycal C. was among those taken into custody and facing preliminary terror charges. Belgian media reported the man was the mysterious suspect in the white jacket and dark hat spotted with the two bombers at the airport the morning of the attacks. But the Belgian magistrate ruled that new evidence uncovered by investigators revealed there were no grounds to keep Faycal C. in custody and he was released, the Belgian Federal Prosecutor's Office said.

The Belgian Federal Police's website posted a 32-second video of the still-unidentified

suspect as he wheels baggage through the terminal alongside the bombers.

Tensions remain high in the city, particularly in the Brussels suburb of Molenbeek, where several of those involved in both the attacks on Brussels and those in Paris last November, hailed from. Belgian authorities also announced that three more people swept up in police raids that followed the attacks on the airport and on a Brussels subway train were being held on charges of participating in terrorist activities.

THE ASSOCIATED PRESS

JAMAAT-UL-AHRAR

Pakistan PM vows militant defeat

In an emotional televised address, Prime Minister Nawaz Sharif vowed Monday to hunt down and defeat the militants who have been carrying out attacks like the Easter bombing that targeted Christians and killed 72 people.

"We will not allow them to play with the lives of the people of Pakistan," Sharif said.

As the country began three days of mourning after Sunday's suicide bombing in the eastern

city of Lahore, Sharif said the army would forge ahead with a military operation on extremist hideouts. Jamaat-ul-Ahrar, a breakaway Taliban faction that supports Daesh, claimed responsibility and said it specifically targeted Christians. But most of those killed were Muslims who also had been in the popular park for the holiday. Many women and children were among the victims, and dozens of families held funerals Monday. At least

300 people were wounded.

Pakistan has suffered a series of attacks in recent months, and Sharif said militants are hitting "soft targets" like playgrounds and schools because military and police operations are putting pressure on their operations.

The attack underscored both the militants' ability to stage large-scale attacks despite a government offensive and the precarious position of Pakistan's Christians. THE ASSOCIATED PRESS

MIGRANT CRISIS

Greece fighting false rumours

The Greek government said Monday it will set up loudspeakers at the country's border with Macedonia to try and persuade thousands of refugees and migrants to ignore false rumours that the Balkan route to central Europe will reopen.

More than 15,000 people are refusing to move to government-built shelters around the country, and remain at the border with Macedonia and at the port of Piraeus, near Athens.

A spokesman for a government refugee crisis committee said authorities were struggling to counter false rumours on

social media that borders could reopen.

"We are sending a team of translators (to the border) and loudspeakers will be set up to make public announcements," he said.

Macedonia's parliament, meanwhile, voted Monday to extend the state of emergency in regions bordering Greece and Serbia till the end of the year because of the ongoing migrant crisis. The vote allows continued deployment of the army along the border with Greece to patrol a recently built fence that lines the frontier. THE ASSOCIATED PRESS

+ DEAL IN PLACE

Greece is struggling to implement an agreement between the European Union and Turkey that would see refugees and migrants sent back to Turkey from Greek islands.

However, the deal requires the deployment of hundreds of European migration officers and others for the deal to work. THE ASSOCIATED PRESS



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Castro letter slams Obama

HISTORIC TRIP

'We don't need the empire to give us any presents'

Fidel Castro responded Monday to President Barack Obama's historic trip to Cuba with a long, bristling letter recounting the history of U.S. aggression against Cuba, writing that "we don't need the empire to give us any presents."

The 1,500-word letter in state media titled "Brother Obama" was Castro's first response to the president's three-day visit last week, in which the American president said he had come to bury the two countries' history of Cold War hostility. Obama did not meet with the 89-year-old Fidel Castro on the trip but met several times with his 84-year-old brother Raul Castro, the current Cuban president.

Obama's visit was intended to build irreversible momentum behind his opening with Cuba and to convince the Cuban people and the Cuban government that a half-century of U.S.



U.S. President Barack Obama shakes hands with Cuban President Raul Castro during their meeting at the Palace of the Revolution in Havana, Cuba. THE ASSOCIATED PRESS FILE

attempts to overthrow the Communist government had ended.

Castro, who led Cuba for decades before handing power to his brother in 2008, was legendary for his hours-long, all-encompassing speeches. His letter reflects that style, presenting a sharp contrast with Obama's tightly focused speech in Havana. Castro's letter opens with descriptions of environmental

abuse under the Spaniards and reviews the historical roles of Cuban independence heroes Jose Marti, Antonio Maceo and Maximo Gomez.

Castro then goes over crucial sections of Obama's speech line by line, engaging in an ex-post-facto dialogue with the American president with pointed critiques of perceived slights and insults, including Obama's fail-

ure to give credit to indigenous Cubans and Castro's prohibition of racial segregation after coming to power in 1959.

Quoting Obama's declaration that "it is time, now, for us to leave the past behind," the man who shaped Cuba during the second half of the 20th century writes that "I imagine that any one of us ran the risk of having a heart attack on hearing these

"No one should pretend that the people of this noble and selfless country will renounce its glory and its rights."

Fidel Castro

words from the President of the United States."

Castro then returns to a review of a half-century of U.S. aggression against Cuba. Those events include the decades-long U.S. trade embargo against the island; the 1961 Bay of Pigs attack and the 1976 bombing of a Cuban airliner backed by exiles who took refuge in the U.S.

He ends with a dig at the Obama administration's drive to increase business ties with Cuba.

The Obama administration says re-establishing economic ties with the U.S. will be a boon for Cuba, whose centrally planned economy has struggled with over-dependence on imports and a chronic shortage of hard currency. THE ASSOCIATED PRESS

IN BRIEF

Lawsuit challenges N.C. anti-discrimination law

Gay and transgender rights supporters are challenging a new North Carolina law, filing a federal lawsuit that called it discriminatory. The legislature passed the law in response to a broad ordinance that allowed transgender people to use the restroom aligned with their gender identity. The new law also prevents cities and counties from extending protections to cover gender identity at restaurants, hotels and stores. THE ASSOCIATED PRESS

UN whistleblower still behind bars

A UN spokeswoman-turned-whistleblower is behind bars at the same prison complex with many of the war criminals she spent her career trying to expose, her lawyer said, as journalists and advocates rallied to her side. The reasoning behind Florence Hartmann's detention has not been made clear but her attorney said it may be an attempt to make her serve a previous sentence for contempt of court. THE ASSOCIATED PRESS

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Alexandra Macqueen says that in order for people to get any benefit from apps, they need to change how they look at budgeting. TORSTAR NEWS SERVICE

Budget apps not enough

FINANCE

A good plan must overhaul spending habits

Budgeting has a lot of unpleasant connotations. It's associated with cutting back on fun and pouring everything into savings. Add to that the amount of work it takes to track your cash flow, and it becomes even less desirable.

Budgeting apps have been trying to change that, making finances less of a burden and more enjoyable. They're catering to a group of people who recognize the importance of keeping a budget but balk at the work required.

In order to get any benefit from apps, people need to change how they look at budgeting, according to Alexandra Macqueen, a financial planner who teaches and writes about personal finance.

"The budgeting app alone is probably insufficient. People need guidance and coaching on ... how should I be spending," she said.

Most budgeting apps do one thing very well, and that's provid-

ing a detailed overview of where you're spending your money, Macqueen said. But that's only half the work.

"You can have apps that say 'Last month, I spent x dollars on y expenditure category' ... but it isn't a spending plan. You need to have both components," she said.

A good budget needs both an overview and a plan on how to change spending habits so that more money is left over at the end of the month.

There's a common misconception that a spending plan basically means you don't spend money on frivolous items, but Macqueen said these "financial sins" shouldn't be such a large focus.

Rather, that focus should be on meeting targets, like putting a certain percentage in savings or paying down debt.

Someone who thinks they need help controlling their finances can appreciate being told exactly how much to spend.

A financial plan doesn't necessarily have to be about chipping away every penny either, Macqueen said. Rather, it should feel empowering to have control over your money again.

TORSTAR NEWS SERVICE

ECONOMY

Senate studies effects of falling loonie

The Canadian Senate is just as interested in the impact of the rapidly falling loonie as the rest of us. It heard from experts last month about the reasons for the drop in the dollar's value, as well as the impact on consumers and the economy.

Here's a look at some of report's findings:

■ **Three-quarters:** Proportion of the fall in the Canadian dollar's exchange rate attributable to the decline in

energy prices, according to Royal Bank

■ **\$470:** Canadian households' average savings at the gas pump in the first three quarters of 2015 compared to the same time frame in 2014

■ **40 per cent:** Maximum amount more Canadians have been paying more for U.S. made goods since



the loonie's decline

■ **13 per cent:** Increase in the cost of produce from November 2014 to November 2015

■ **\$25 billion:** Cost of the plunge in oil prices to Canada's economy

■ **8 per cent:** Increase in U.S. visitors to Canada between 2014 and 2015

■ **\$4-5 billion:** The anticipated boost to the economy from more American visits north of the border and fewer Canadians spending their money south of it, according to TD Bank Group.

■ **14 per cent:** Increase in auto exports between 2014 and 2015

■ **37,000:** The number of manufacturing jobs created in 2015, the highest amount since 2012.

TORSTAR NEWS SERVICE

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+ MAKING SENSE OF YOUR CENTS

■ **Mint:** This app lets users connect directly to their bank accounts, and monitors how money flows in and out. It also notifies you when credit card bills are due.

■ **Goodbudget:** This app works on an old-school method of budgeting — putting money in envelopes for spending categories, and tracking how much money is left. The app doesn't connect to bank accounts, but relies on users filling in expenses in

the right category.

■ **Daily Budget Original:** This app asks users about their fixed income and costs, then gives them a daily budget they can spend. If you come under budget one day, the next day's increases, and those increases add up.

■ **Fudget:** Fudget focuses on balance — money in, money out. Users can input either an expense or an income, and the app keeps track of the balance.

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metroview

ABIGAIL PUGH

ON THE PSYCHOLOGY OF SEXUAL ASSAULT

“Of course it would have been great if all three Jian Ghomeshi accusers had been clear on their afterstories. Yet it couldn’t happen like that.”

An email to 20 friends gets the stories rolling in. Richly remembered, shyly told.

Viv*: “I went on a ‘date’ with a guy who took me back to his apartment. I was 18 maybe 19? I don’t know why I agreed to this. It’s not where someone goes ‘on a date.’”

Viv “could barely drink a beer” — and was raped after playing a drinking game. She has “one two-second memory” of it. “And then I just felt dirty all the time.”

She emails again to say that she’s shared this with nobody since: “Not my therapist, not my sister, not my husband.” She’s 43.

Laura was sexually assaulted by a friend’s grandfather at age 8. The man told the court it was “her fault” for wearing a “provocative outfit.”

Jess writes: “I remember one of my parents’ friends feeling my bum. I had that strange feeling of ‘What’s he doing that for? These are parents — yuk.’”

Here’s Sophie: “I was alone in France with a boy I was getting to know. For the first time that year I felt finally able to connect in French. All of a sudden he reached over and squeezed one of my nipples: hard enough to really hurt.”

Meet Amanda: “I went to university very young. One night, I went up to a man’s bedroom at a frat house: a bunch of other frat guys called me slut and poured beer all over me.”

Apart from the cornering, hurting and frightening in the fashion Ghomeshi was accused of, what do these

“If there was a word to describe wanting to please your abuser, we could just say, ‘Oh, that is a normal reaction.’”

memories have in common?

Viv recalls — question marks hers — “I acted like I wanted it?”

Jess: “I felt wanted and uncomfortable at the same moment.”

Amanda recalls: “I even saw that same guy again. When I told him I was a virgin, he said I had wasted his evening.”

Of course it would have

says: “If there was a word to describe wanting to please your abuser — à la Stockholm syndrome — we could just say, ‘Oh, that is a normal reaction,’ not a ‘contradiction to her testimony.’”

If the prosecutor had his own experience of this commonplace sensation we don’t yet have proper terms for — along with the courage to bring it on board — he and the witnesses could

of me” she’s not referring to his alleged attack but to his “coolness.” The letter is steeped in contradiction: confusion and longing; shock and curiosity; regret and arousal.

My nipple-grabbed friend recalls: “To get angry was to lose connection to something I had only just gotten.” She could almost be Lucy.

I’ve been walking around



STEEPED IN CONTRADICTION Lucy DeCoutere and Jian Ghomeshi and shown together in 2003 in this exhibit photograph from Jian Ghomeshi’s trial. DeCoutere’s love letter to Ghomeshi, a key piece of the defence’s case, can be read as a “hate letter” to herself. HANDOUT/THE CANADIAN PRESS

been great if all three Jian Ghomeshi accusers had been clear on their afterstories. Yet — again, of course — it couldn’t happen like that.

Were such truth-telling cultivated among us, three of these friends wouldn’t be footnoting their letters to me that I’m the first they’ve told (“not my husband, not a therapist”).

All the emails talk of a shameful sense of collaboration; of having bought attention and paid dearly, with currency that was ill-understood at the time. Of grappling with a state of mind we don’t yet even have clear psychological (let alone legal) language for. A friend

have had rich conversations full not of the one-note terror the media so simply-mindedly assumes “victimhood” to be, but of a whole reeking splatter of emotions (because sometimes truth isn’t tidy and sweet-smelling). Or maybe he could’ve found an expert witness to shine a light right at all this and thus help hack out the terms?

Lucy DeCoutere’s handwritten love letter to Ghomeshi is a hate letter to herself. She calls herself a “chicken s—t” for being wary of him; a “freak,” “a—le,” “ridiculous,” “sentimental” and “left in the dust.” When Lucy tells Ghomeshi: “You scared the hell out

in a daze since hearing from my friends. I want to mother my younger self and theirs. I want to slap Jian Ghomeshi. When my seven-year-old is older, I plan to sit her down and give her the training: “Lovely, don’t worry about his feelings. Worry about yours.”

If we can learn from this trial, maybe by the time my kid is dating, “sort-of-Stockholm” will be more usefully termed and therefore better acknowledged for the reality it is.

“The names of my friends have been changed and their accounts have been condensed and lightly edited.

metroview

Ford deserves to be remembered as he was — no more, no less



Michael Coren
For Metro

I hardly knew Rob Ford. And I suspect that the same applies to most people.

While the late mayor appeared so public, ebullient and obvious, there were hidden depths and layers to the man that perhaps only his family — and maybe not even they — were aware of.

In all honesty, I had little time for his politics and some of his statements about political and social issues were offensive and even repugnant. So does all of that change now that he has died?

That’s the important point here. Any person dying so young is a tragedy, and our decency is demonstrated by a respect, even a grudging one, for grieving, loss and pain. His wife and children must be suffering terribly. So a dignified hiatus between his passing and any criticism should have been absolute. Allow a few hours, perhaps a day, for those closest to him to process what had happened.

Most did, but not all. Social media immediately bubbled with acid attacks on the man, as though he were some sort of war criminal. He wasn’t. He could be a clown, he could be a brute, he lied publicly, he used illegal drugs, he said some vile things about women and his domestic life left much to be desired. Yet evil he was not; not evil

the way a cancerous death and children losing a father are evil.

So whatever people may have thought of Ford they should have initially shown reverence, less to him than to humanity’s natural rhythm of empathy and sympathy for those in distress.

And then came the ridiculously hagiographical articles. Suddenly we were given Rob Ford who could do no wrong, the bobblehead transformed into the plaster saint. Here was Ford the man of the people who we should only remember as the lovable character who coached high school football and always returned phone calls. One tabloid featured so many flattering obituaries that it became almost Soviet-like, with a deceased leader seemingly beyond reproach.

The truth is complex and obscure. Ford was a very bad mayor of Toronto. His achievements were largely cosmetic, he unnecessarily divided the city and he embarrassed the people of a genuinely great town. True leaders do not make racist, homophobic and misogynistic comments, true leaders do not brazenly disregard the law, true leaders deal in wisdom and not clichés.

But I still genuinely regret his passing and have waited until now to speak my mind. We are all broken in our own ways. We forget that to our peril.

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From boxing to boffo box office

STAR WORKOUTS

High-def screens call for high-def training, says celeb trainer

Danny Musico had no plans to be a celebrity trainer.

But when “fellow (New Jersey) guy” and friend Bruce Willis called the former world champion boxer and asked for a favour — train then wife Demi Moore for *G.I. Jane* — he began on a course that led him to whipping an aging Rocky Balboa into shape.

Musico trained Sylvester Stallone for the sixth *Rocky* film, but it was his work on the Oscar-winning *Million Dollar Baby* that cemented his career. “It was just a whole landslide after Hilary Swank,” he says.

Since then he’s added Leonardo DiCaprio, Toby McGuire, the cast of HBO’s *Entourage* and singers Jessica Simpson and JoJo to his client list. We talked to Musico from Beverly Hills in California.

What makes boxing a great workout?

It’s a full-body workout. Professional boxers, they’re probably the most incredible athletes, as far as being in shape, on the planet. As far as getting the body in shape, you’re using

every single part of your body. Right down to helping you with other things — better balance, coordination and agility — everything comes with the training of boxing.

What’s an example of a boxing-inspired workout routine?

I train everybody today like I’m still training someone in boxing, so I do interval workouts. For example, you’re going to come in with me and you’re going to start by hitting a cardio machine for three minutes as hard as you possibly can. That’s warming you up and you’re coming off of that machine to catch your breath, you have 30 seconds to a minute to catch your breath and start the next exercise.

Then you’re starting three minutes of hitting a (boxing) bag. I may break that three minutes up into 30 second intervals — 30 seconds on with speed, 30 seconds rest. By the time you complete that interval, you’re going back to a cardio machine for another three minutes of all-out cardio. Off of there, it may be me making you do a set of curls. That’s how your 60 minutes goes, non-stop.

Is that what you call high-definition training?

Yes, HDT. The reason why it’s called high-definition training, nowadays with the quality of TVs and all of our social media



Danny Musico’s work on the boxing drama *Million Dollar Baby* cemented his career as a celebrity trainer. CONTRIBUTED

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and everything else like that, you can right out see just about anything on the person you’re looking at. You need high-definition training for high-definition TV.

As an actor and model yourself, you must have some insight into what it’s like working in an industry so focused on body image.

At the end of the day it’s not about getting ready, it’s about staying ready. You need to stay ready all the time for when that opportunity comes up, because you never know when it’s going to be there. If you have to get ready for it when the opportunity comes, some-

times you miss it.

What are some tips for the average Joe who might not have the resources a celebrity does?

I could get you into shape with a rock and a stick. You don’t need expensive gym memberships. It’s just about consistency. You have to make sure you do it every day. We all want it. It’s about how hard you’re willing to work for it. Getting up every single day, working out, eating right, getting the proper sleep, not staying out partying. Those are just the basic tips that are actually the fundamentals of success. TORSTAR NEWS SERVICE

“I could get you into shape with a rock and a stick... It’s just about consistency.”

Celebrity trainer Danny Musico

HEALTH PSYCHOLOGY

Tough guys less honest about medical symptoms, study shows

A newly published American psychological study has set out to investigate whether male life expectancy — which is shorter than female life expectancy by an average of five years — could be affected by social and psychological factors like choice of doctor and honesty.

“Why do men die earlier than women?” That’s the question Diana Sanchez, associate professor of psychology at Rutgers University in the U.S. and doc-

toral student Mary Himmelstein, set out to answer in a recent study published in the *Preventive Medicine* journal and the *Journal of Health Psychology*.

They found that men who had traditional beliefs about masculinity — such as showing bravery, courage and emotional restraint — were more likely to ignore their health problems or delay acting on them.

The pair studied a group of 250 men, who were given a ques-

tionnaire designed to gauge their ideas about manhood and their preferences when choosing a doctor.

The results showed that participants with the highest scores on the masculinity scale were more likely to choose a male doctor, assuming them to be more competent than their female counterparts.

The scientists then recruited 250 university students and gave them a similar questionnaire.

Each participant was also interviewed about their health by male and female medical or nursing students.

Paradoxically, the higher they scored on the masculinity scale, the less likely they were to talk openly about their symptoms and current

health problems with male doctors. “That’s because they don’t want to show weakness or dependence to another man, including a male doctor,” explains Sanchez.

Ironically, this same group of volunteers was found to be more honest

about their medical symptoms with female doctors, the authors found.

The pair published similar findings in 2014 in the *Journal of Health Psychology*. The study showed that men with strong, traditional ideas about masculinity were less likely to seek medical help, and were more likely to downplay their symptoms and suffer worse health outcomes than women or men who did not share those values. AFP

5 years

“Men can expect to die five years earlier than women, and physiological differences don’t explain that difference,” researcher Diana Sanchez says.

Lauren Conrad knows how to celebrate

ADVICE

Former star of The Hills has become an etiquette expert

In her teen years and early 20s, Lauren Conrad made her mark on MTV's *The Hills* and *Laguna Beach: The Real Orange County*. But since then, the Californian fashionista has replaced friend drama and internships with a flourishing and unabashedly feminine business empire.

Now 30 — and hitched since 2014 to her lawyer beau and fellow Californian William Tell — Conrad is a fashion designer and writer. She also makes time for something close to her heart: party planning.

Her new book, *Celebrate*, covers all the bases, from throwing birthday parties or engagement parties to baby showers or brunch, and everything in between. Here Conrad chats about the joys of celebrating, wedding-day stress and her favourite party essentials.

In any celebration, what do you think are the essentials for everyone to have an amazing time?

I think you treat guests as you would want to be treated. Making sure there's good food and drink and making sure it's convenient; those are the basics. People don't always remember the small things because they're so well put-together. It's about creating an environment where people can really enjoy themselves.

You planned a big celebration



Lauren Conrad covers all the party planning bases in her new book, *Celebrate*. CONTRIBUTED

of your own a couple years back, tying the knot with William. Did all the buildup to your own wedding shape your party planning sensibilities?

It taught me a lot! It was like a crash course. Just the idea of putting together the plans and making sure everything is executed — it took almost a year to plan and there are so many moving parts. It's so important to be organized and make sure everything is consistent.

Any crisis moments on the big day?



I think you treat guests as you would want to be treated. ... It's about creating an environment where people can really enjoy themselves. Lauren Conrad

Not really, honestly. My wedding planner is one of my best friends, so that was helpful. We didn't have anything nuts happen at our wedding. But the best man's speech was actually given by two of my husbands' best friends and it was 27 minutes long. My planner came up to me

and said, "27 minutes?!" And the biggest stress of planning our wedding was making sure there was security to make sure it remained between us and our guests.

Where does your love for party planning come from? I grew up in a creative en-



vironment, and I love the idea of looking forward to something and celebrating parts of life and creating special occasions. It's nice to plan ahead and get together with people you love,

otherwise weeks turn into months.

Many of us watched you grow up over the years through your reality shows. How has your style changed since your early days on television?

I think my style always represents where I am in life. Yesterday, we were shooting and I had to put on heels. I remember having to wear heels every day, but I'm usually barefoot more often than wearing heels now, because I'm working from home, writing and doing shoots here.

On your website, you have an entire category dedicated to "ladylike laws." What does being a lady in 2016 mean to you, when it comes to party etiquette?

I love etiquette. It's this rule-book that's been put together for us. If you know the rules, you know how to behave — and they're there for a reason, most of the time. I think a formal place-setting can be a little regressive ... but for the most part, I think it's important these rules are in place so we can be aware of other people's feelings and avoid awkwardness.

Is there a certain etiquette rule you hate to see broken?

This is such a simple one, but it drives me bonkers: People still wear white to weddings. It drives me crazy. I was at a wedding last week and someone wore a full white dress. That will never make sense to me.

TORSTAR NEWS SERVICE



JOHANNA SCHNELLER WHAT I'M WATCHING

Chelsea Does listen, sort of, learns something new

THE SHOW: *Chelsea Does*, Season 1, Episode 3, *Racism* (Netflix)

THE MOMENT: The round table

Comedian and talk-show host Chelsea Handler sits at a boardroom table surrounded by members of several anti-defamation leagues. "When you make fun of Asian people on television, it gives other people permission to," the spokesman from the Media Action Network for Asian Americans tells her. She replies that she makes fun of everyone.

The advocate from the NAACP tells her that it's racist to joke that black men have large penises. She insists that

he should be flattered, not offended. "If you're attacking everyone, you eliminate the concept of racism," she maintains.

In all four *Chelsea Does* episodes (the other three are *Marriage*, *Silicon Valley*, and *Drugs*), Handler sets herself up as a typical American — ignorant, but with strong opinions. As in the scene above, she appears to be listening, but she's mainly talking. She travels around the U.S., or the world, and asks a lot of questions. By the end, she's learned (and taught us) something.

It's a simple conceit, but the strength of Handler's interviews makes it work. She's not afraid

to offend, so she asks bold questions; she's genuinely curious, so she sparks conversations. Ultimately, what she thinks doesn't matter — what matters is the forum she gives others.

In the final minutes of this episode, a Native American spokesman tells her America is in trouble because it's all about "me," whereas his people think in terms of "us." If we could all do that, racism would evaporate. A sign that Handler has learned something: She doesn't retort.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Chelsea Handler, left, with civil rights activist Al Sharpton. CONTRIBUTED

A yoga move for the water babies

CROSS FITNESS

Swimming cobra builds your back, helps shoulders

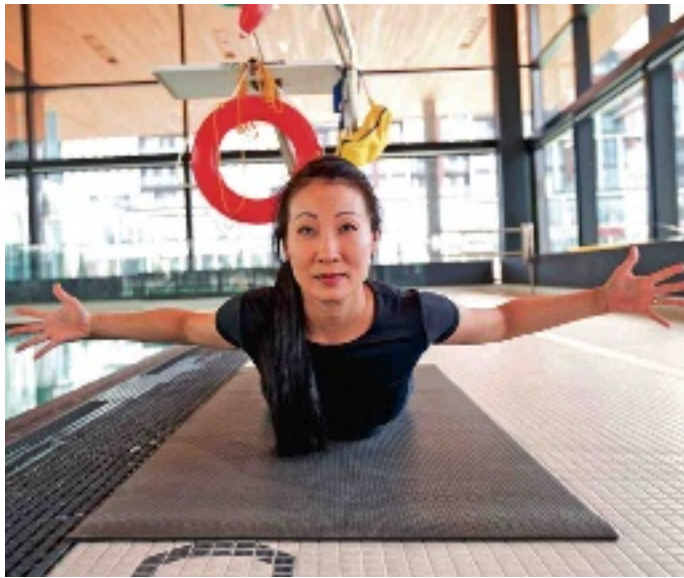
YuMee Chung
Torstar News Service

Swimming and yoga are so simpatico: they're both deeply relaxing, low-impact activities that emphasize mindful breathing. I unrolled my mat by the pool to bring you yoga designed for you water babies. It's a great way to strengthen the back while warming up your shoulders.

Swimming Cobra

1. Lay face down on a yoga mat with hands resting underneath your shoulders. If your hips are especially bony, you may want to fold your mat in half to add extra padding.

2. Lift head, shoulders and chest away from the ground while keeping the pubic bone and tops of feet anchored.



YuMee Chung goes through the motions of swimming cobra. TORSTAR NEWS SERVICE

3. Now lift the hands a few centimetres away from the mat, to ensure the extensors of the back are working to hold you up. Turn the palms to face skyward and do an exaggerated breaststroke. Imagine the movement originates at your shoulder blades and give them a little squeeze towards the spine as your elbows come

in close to your sides.

4. Swirl the arms three times in one direction before heading in the opposite direction.

5. Finish by lowering to the ground and resting arms by your sides. Turn the head to one side and give the hips a little jiggle to

nurture the lower back.

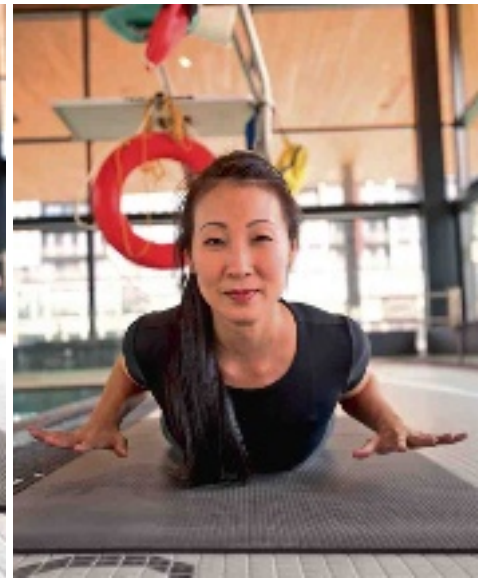
Swimmer's Shoulder

Swimming is an unusual sport in that it requires above-average shoulder strength, flexibility and range of motion. As a result, shoulder pain stemming from overuse, misuse and abuse is extremely common in com-

petitive swimmers, so much so that it has been given the name swimmer's shoulder.

According to one study, swimmers who engage in other sports are less likely to have shoulder pain.

A number of prominent swimming clubs have even added yoga to their dry land training.



YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yogwa teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.



More than two caffeinated drinks per day in the weeks leading up to conception may increase the risk of miscarriages. ISTOCK

RESEARCH

Caffeine increases miscarriage risk

Women have an increased risk of miscarriage if they or their partner consume more than two caffeinated drinks a day in the weeks leading up to conception, a new U.S. study found.

Women who drink more than two caffeinated beverages per day during the first seven weeks of pregnancy were also more likely to have a miscarriage, according to the study published online last Thursday in the journal Fertility and Sterility. But rates of miscarriage are reduced for women who take a daily multivitamin before

and after conception. The study, carried out by researchers from the National Institutes of Health and Ohio State University, was based on data from the Longitudinal Investigation of Fertility and the Environment (LIFE) Study.

That study followed 501 couples in Michigan and Texas from 2005 to 2009, examining the relationship between fertility, lifestyle and exposure to chemicals in the environment.

The current study compared cigarette use, caffeinated beverage consumption and multi-

vitamin use among 344 couples when the woman was carrying a single offspring. Of these pregnancies, 98 — or 28 percent — ended in miscarriage.

"Our findings also indicate that the male partner matters, too," said lead author Germaine Buck Louis, director of the Division of Intramural Population Health Research at the NIH. "Male preconception consumption of caffeinated beverages was just as strongly associated with pregnancy loss as females."

AFP

HEALTH BRIEFS

Exoskeleton suit allows paraplegics to walk

California-based inventor Homayoon Kazerooni has unveiled a new exoskeleton that will allow paraplegics to walk, reports Zdnet. With his suitX robotics company, Kazerooni developed Phoenix, the lightest exoskeleton available at 27 pounds. Kazerooni is dedicated to helping those with spinal cord injuries, and in 2011 offered a suit to pilot Austin Whitney, who was injured in a car accident. AFP

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THIS WEEK: *Maintaining Your Oral Hygiene Habits While Travelling*

IN BRIEF

Parise named best of week

Minnesota Wild left-winger Zach Parise, St. Louis Blues goaltender Brian Elliott and Pittsburgh Penguins right-winger Phil Kessel have been named the NHL's three stars for the week.

Parise had five goals and seven points in three games, Elliott stopped all 52 shots he faced over two appearances and Kessel shared the league lead in assists (five) and points (seven). THE CANADIAN PRESS

Habs still striving for wins despite playoff ouster

The playoff position that looked like a lock in November vanished on Saturday night when the Montreal Canadiens were beaten 5-2 by the New York Rangers.

That officially put the Canadiens out of the post-season for only the second time in nine years.

The only positive will be a high draft pick, but centre Tomas Plekanec said Monday it was important to keep gunning for victories in the few games remaining in the regular season.

"I'm sure we'll have plenty of time to talk about what went wrong here but we still have six games to play and we have to focus on playing our best and winning as many games as possible," Plekanec said.

The Canadiens and their fans are still in shock from the collapse that followed their 19-4-3 start to the season. THE CANADIAN PRESS

Sagging Sens lose key pair

NHL

MacArthur, Phaneuf ruled out with injury

Clarke MacArthur is willing to wait until next year to get back into the Ottawa Senators' lineup.

MacArthur has missed all but four games this season due to a concussion suffered Oct. 14. After months of brutal side effects, MacArthur was finally able to return to the ice in February and recently received medical clearance after being symptom free.

With the Senators on the verge of being eliminated from the playoffs, however, the risks far outweigh the benefits.

"This point where we are in the standings it just doesn't make any sense," said MacArthur. "We went back and forth with it a little bit, but it just doesn't make any sense to come back and if something were to happen these last few games to risk it for next season."

"I feel good. I've been out there the last two months. Obviously my game speed isn't going to be there, but I've got a lot of exhibition and time to figure that out next year. At the end of the day that's the decision and I think it's the smart one."

MacArthur, Senators management and team doctors believe the extra six months of recovery will be the best



Clarke MacArthur only made it into four games this season due to a concussion.

TOM BRENNER/GETTY IMAGES



Dion Phaneuf
GETTY IMAGES

Senators' last pre-season game. Rather than take time off, he returned to the lineup and

course of action in the long term not only professionally, but personally.

The 30-year-old admitted he ignored symptoms following a hit during the

the next collision proved catastrophic.

"I honestly, deep down I feel like it was a fluke what happened this year," he said. "I don't want to be labelled as a guy with head problems and I'm certainly not going to play that way when I come back. I should have just taken the time when I knew something was wrong and I didn't and I won't make that mistake again."

MacArthur hopes others can learn from him and not feel pressure to play through symptoms, but he said the competitive nature of the game and its players sometimes makes it difficult.

"That's the regret that I have," MacArthur said. "That's the thing I've been dealing with all year. The frustration is if I just sit that out I'm more than positive I take a week or

SMITH NOM

Zack Smith was named the Senators' nominee for the Masterton Trophy. Smith is having a career year with 21 goals and 32 points through 75 games. Smith missed nearly four months last season due to a wrist injury and this year was moved from centre to wing and has flourished.

two weeks off there and I'm back playing for the rest of the year and helping the team, so that was a selfish thing. Not in the sense that I was trying to hurt the team, but selfish thinking about myself and wanting to play and it just came back to bite me."

Phaneuf is suffering from a small tear in his oblique and a hairline fracture in his right foot.

He told media he was hurt blocking a shot during a game March 12. While initial X-rays showed no fracture, the foot continued to swell and cause discomfort. In the meantime he then suffered an oblique injury March 22, and a CT this past Saturday confirmed the fracture in his foot.

"It's disappointing," said Phaneuf. "I love to play. I was planning on coming back and looking forward to getting back, but when they found the crack in my foot. I've got to get healthy and be able to train and have a good summer of training." THE CANADIAN PRESS

WOMEN'S HOCKEY

Young Canadians have chance to get wiser with Wickenheiser



Hayley Wickenheiser is taking part in her 13th women's world hockey championship. CHRIS SO/TORSTAR NEWS SERVICE

Three of Hayley Wickenheiser's Canadian teammates weren't born when she won her first women's world hockey championship in 1994.

Defenceman Halli Krzyzaniak was 12 years old when she first saw Wickenheiser play in the 2007 world championship final in Winnipeg. When Krzyzaniak scored her first career goal for Canada in an exhibition game Saturday against Sweden, her childhood idol provided an assist.

"That was just surreal for me to say she was in on my first goal because I never thought that

would have happened," Krzyzaniak said.

"For my generation, she was someone we really looked up to and kind of idolized and wanted to be, but I never thought I would be playing with her."

A few surgeons also thought Wickenheiser wouldn't be around to play with Krzyzaniak, but the 37-year-old from Shaunavon, Sask., is playing in her 13th women's world hockey championship this week in Kamloops, B.C., with eight screws and a metal plate in the navicular bone of her left foot.

Wickenheiser chose a more optimistic surgeon when she underwent foot surgery in February, 2015.

"There's a lot of hardware in there," Wickenheiser said. "I didn't know if I'd play again. A lot of doctors said I could never play again. One guy said I could and I went with that guy."

Canada's all-time leading scorer in goals (168), assists (210) and games played (271) is also the all-time points leader in world championships with 85, including 37 goals.

THE CANADIAN PRESS



It's kind of an exciting different challenge for me, which I enjoy — trying to help the young players who will be leading the team into the future when I'm not playing anymore.

Hayley Wickenheiser

RECIPE Lamb Burgers



PHOTO: MAAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

Lamb may seem decadent for a Tuesday night but these burgers will be worth it once you enjoy every cumin spiced bite.

Ready in
Prep time: 20 minutes
Cook time: 15 minutes

- Ingredients**
- 1 lb ground lamb
 - 1/4 cup red onion, finely minced
 - 1/4 cup fresh parsley, chopped
 - 1 tsp dried oregano (or 2 tsp fresh)
 - 1 tsp cumin
 - salt and pepper
 - mini pitas
 - lettuce leaves, washed and torn
 - tomatoes, sliced
 - tzatziki

Directions
1. In a large bowl, mix lamb, on-

ion, parsley, oregano, cumin and salt and pepper until everything is well combined. Cover and place in the fridge for 10 minutes.

2. Remove from the refrigerator and form the meat into small patties — you should get about 8 or 9 out of the batch. Place them on a clean plate.

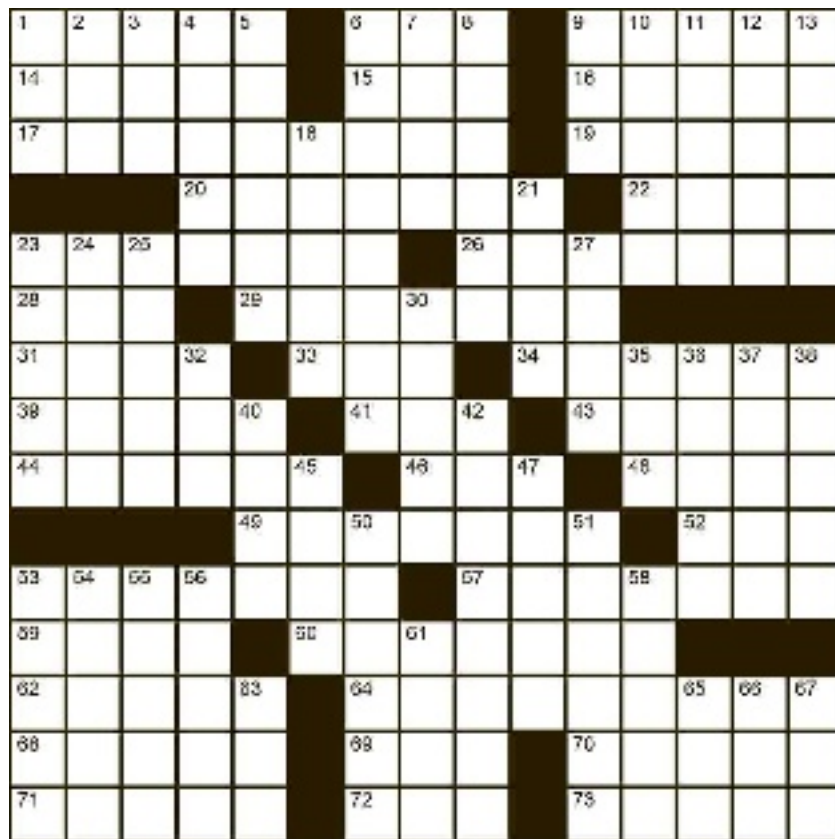
3. Heat your grill or pan to medium, medium/high heat and if you're using a pan, add a bit of vegetable oil. Cook your burgers, about 5 minutes on each side until the internal temperature is 160 degrees. You'll need to work in batches, you don't want to overcrowd the pan.

4. Cut each pita in half and tuck in a lamb patty, some lettuce, tomato and a good dollop of tzatziki and serve.

FOR MORE MEAL IDEAS, VISIT
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



- ACROSS**
- Canuck music quintet, Canadian
 - Q. " " what BC's big river starts with?" A. "Indeed, it's called the Fraser"
 - Colorado resort
 - Hokey
 - Pas toi
 - Gleamed
 - As per #8-Down... champions (#50-Down this year considering they won at the same event in 2015 in Shanghai)
 - Self-respect
 - Remove from the rough draft: 2 wds.
 - Pre-owned
 - Sunshine-y singer for The Waves
 - Joni Mitchell's "Raised on "
 - Yalie
 - 1988 Margaret Atwood novel about a painter named Elaine Risley: 2 wds.
 - 'Cook' the cookies
 - Cleave
 - Talk, testy-style: 2 wds.
 - "Witness" (1985) folk
 - Fido
 - 1988: "Wishing Well" by Terence Trent
 - American city hosting #8-Down
 - " la la!"
 - earrings
 - Bits of food taster
 - Abel's mom
 - Menswear item

- Imagined
- Beauty brand
- As per #50-Down... Eric
- Hairy, like a horse
- Experiment subject: 2 wds.
- Rocker Mr. Winter

- FM's opposites
- Pain
- Prepared
- No, informally
- Rationalist's belief in God

- DOWN**
- Alphabetic trio
 - Caviar

- Canine's communication!
- Villain's grin
- Representative, such as in business transactions
- Mimicked
- Mozart aria: "Dove "
- March 28th to April

- 2016 ISU World Skating Championships
- Naja Haje
- Bush
- Grace
- Bitter- (Diehard)
- Dependent
- Alice's cat in "Alice in Wonderland" (1951)

- Mattel products
- Shish (Skewered appetizer)
- Western starring Canadian actor Glenn Ford, "The Man from the " (1953)
- Polynesian amulets
- Grand , Ontario
- Hawk's prey-spotting descent
- Superlative suffix
- "Woow!"
- Preamble
- Overhead
- Click clicked on the computer
- Party thrower
- Aquarium denizen
- Depilatory brand
- Wading bird
- Canadian pairs team set to compete at #8-Down... Duhamel & Eric (For Eric's last name, see #60-Across!)
- Start over from the top of the page
- One giving titles to books, say
- Dodge
- Line dance at a party
- Prepare the pizza dough
- Of-quoted phrase
- Russian assembly
- Not wet
- Hawaiian cuisine staple
- Entries
- Fitness facility

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Because you are in a serious frame of mind today, you will want to deal with practical issues. You will not get sidetracked by frivolous matters.

Taurus April 21 - May 21
Any kind of research will go well today because you are determined to get answers and find what you are looking for. This could pertain to shared property or inheritances and such.

Gemini May 22 - June 21
This is an excellent day to sit down with members of groups or a personal friend to make long-range plans for the future. These plans might include your partner.

Cancer June 22 - July 23
You will impress bosses and people in authority today because you have a serious attitude. You want practical results now and in the long-term future.

Leo July 24 - Aug. 23
Make future travel plans today because you will cover every detail. This is a good day to explore avenues in publishing, higher education, medicine and the law.

Virgo Aug. 24 - Sept. 23
This is an excellent day to deal with red-tape issues regarding inheritances, taxes, debt and shared property. You won't overlook details, because you're on your game!

Libra Sept. 24 - Oct. 23
Serious discussions with partners and close friends will take place today. However, it will be a good thing because you will cover a lot of ground and get a lot done.

Scorpio Oct. 24 - Nov. 22
Choose today to tackle routine work you might have been avoiding. Your powers of concentration are excellent, and you will be detail-oriented. Just get it done.

Sagittarius Nov. 23 - Dec. 21
Romantic partners can discuss how to share expenses and deal with the division of labour in a relationship. Others will address the care and education of children.

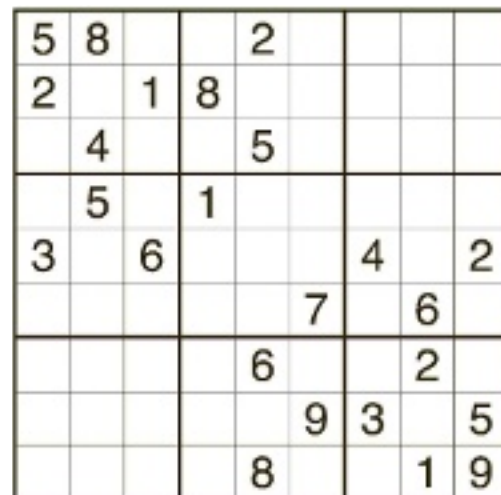
Capricorn Dec. 22 - Jan. 20
It's a good day to think about home repairs or what needs to be done to fix broken items at home. You want solid solutions for practical problems.

Aquarius Jan. 21 - Feb. 19
This is an excellent day for any kind of long-range planning, because you are in a practical frame of mind plus you are looking ahead to the future.

Pisces Feb. 20 - March 20
If shopping today, you will want to buy only practical, long-lasting items. No ostrich boas for you!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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